



Mary Immaculate

10 Corey St. • Coleraine, MN 55722



St Cecilia

326 2nd St. • Nashwauk, MN 55769

Pastor

Father Joseph Sobolik

fr.joseph.sobolik@duluthcatholic.org

Deacon

Richard Johnston

dcn.richard.johnston@duluthcatholic.org

218-208-2661 or 218-966-8251

Secretary/Bookkeeper

Ann Johnston

ann.johnston@duluthcatholic.org

Office Hours:

Monday—closed

Tuesday—Thursday

10:00 a.m.-3:00 p.m.

Friday: 10:00 a.m.-2:00 p.m.

Director of Religious

Education/Youth Ministry

Mari Jo Anderson

marijo.anderson@duluthcatholic.org

Office for both parishes

326 2nd St

Nashwauk, MN 55769

(218)885-1126

Website

www.semicatholic.com

Baptism

Call Parish Office to schedule preparation with Father Joe or Deacon Richard.

Marriage

Call Parish Office a minimum of six months in advance to schedule preparation with Father Joe or Deacon Richard.

Visitors

We are blessed to have you worship with us at Mass. If you would like to become a parishioner you can call the parish office or download a registration form from our website

Mass Schedule

Tuesday	6:00 p.m.	SC
Wednesday	8:30 a.m.	SC
Thursday	8:30 a.m.	MI
Friday	8:30 a.m.	MI
Saturday	4:15 p.m.	SC
Sunday	8:30 a.m.	SC&online
Sunday	10:30 a.m.	MI

Confession

Tuesday	5:00-5:30 pm	SC
Saturday	9:00-10:00 am	MI
Saturday	3:30-4:00 pm	SC
Sunday	7:45—8:15 am	SC
1st Friday	4:00-5:00 pm	MI

Fr. Joe is always open to making appointments for confession.

Adoration

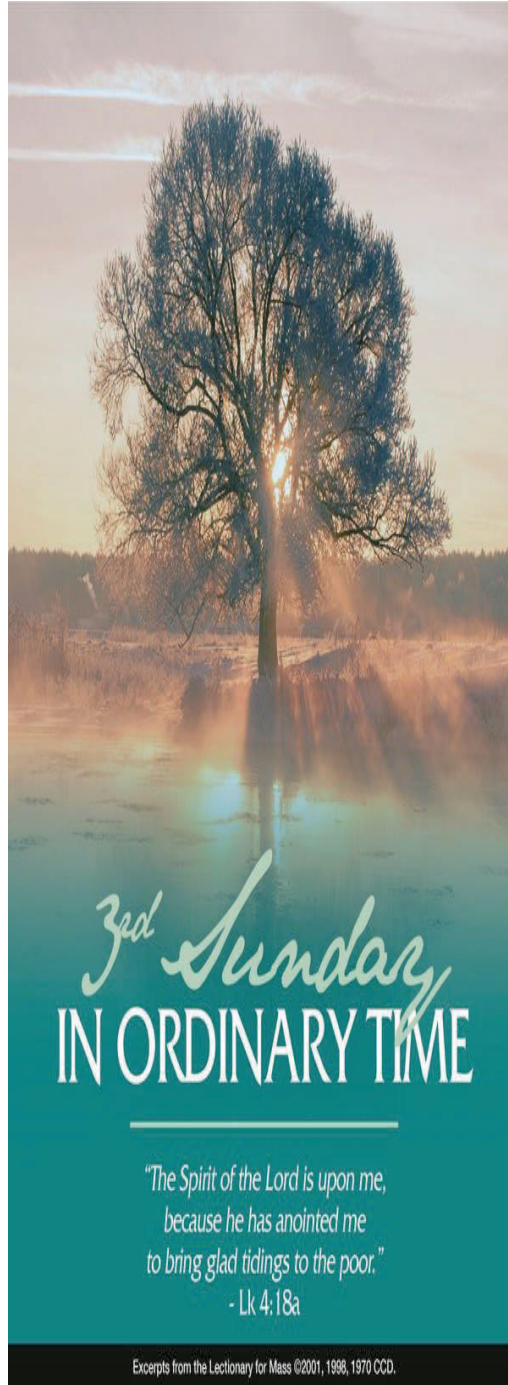
Tuesday	10:00 am-5:45 pm	SC
1st Friday	4:00-5:00 pm	MI

*cancelled due to Fr's absence.

Homebound Ministry

Fr. Joe visits the homebound and residents of Nursing Homes or Assisted Living during the first week of each month.

If you know of parishioners who are ill, hospitalized, or homebound, please contact the parish.





January 25—January 30, 2022

Tuesday (25)– Gloria Bobich †
Wednesday (26) - Carol Cardille †
Thursday (27)- Vernon Troumbly †
Friday (28) - Sara Anderson †

Saturday (29) 4:15 - Carol Cardille †
Sunday (30) 8:30– LeAnn Denne †
 10:30— Parishioners

Saturday, January 29– 4:15 p.m.

Lector: Clare Dulong
Extraordinary Ministers of Holy Com-
munion: Gary Brooks
Server: Ava & Damon Gangl

Sunday, January 30 - 8:30 am

Lector: Vicki Sellner
Extraordinary Ministers of Holy Com-
munion: Clara Metzger
Server: Jerry Swanson
 Mike Troumbly
Ushers: Clara M. & Dawn O.
Counters: Doris S & Ann J.

Sunday, January 30-10:30 am

Lector: Jacob Dezelske
Extraordinary Ministers of Holy Com-
munion: Pat Guyer
Server: Jacob Johnson

MI Volunteer cleaners:
 Kathy LaFond 1/29 & 2/5

Bulletin articles need to be submitted by Tuesday at 10:00 am for the week the bulletin is printed unless otherwise noted.

Know someone who could use prayers?
CALL- -St. Cecilia's Prayer Chain:
 Darlene or Ted Squillace 885-1057.
Mary Immaculate Prayer Chain:
 Teresa Kessler 910-9007.

Sister Dorene King from St. Scholastica Monastery has been assigned to our parishes to be a prayer advocate. She is praying for us, but if you have a special intention please call (218)723-6555.

FORMED.org Parish code is **KVR7DF**

FROM FR. JOE

UPCOMING FEAST DAYS

Here are a few feast days that are coming up this week.

January 25 – The Conversion of St. Paul the Apostle

There are several feast days devoted to St. Paul, but this one specifically focuses on his conversion. We can read about it in Acts 9:1-19. Paul was originally called Saul; God changed it sometime after his conversion. He and his parents were Roman citizens, which afforded him some benefits, which included being able to request an audience with the Emperor later on in his life. Before his conversion, St. Paul was a Pharisee. He believed that the Christians were leading other Jews down the wrong path. He began working diligently to find these Christians and to have them arrested. He was even present at the trial and stoning of St. Stephan, the first Christian Martyr (Acts 7:58). After his conversion, he began applying that same diligence to working in Christ's ministry. St. Paul is known as the patron saint of converts.

January 26 – Sts. Timothy and Titus

This memorial focuses on two close companions of St. Paul. St. Timothy was the son of a Greek father and a Jewish mother. Because he was the product of a mixed marriage, the Jews considered him illegitimate. He converted and spent about 15 years doing ministry with St. Paul. St. Timothy was with St. Paul during the latter's house arrest in Rome and was made the first bishop of Ephesus.

St. Titus was Greek and was a close friend of St. Paul. When the two came to Jerusalem, there were some who thought that St. Titus should be circumcised (like all the Jewish converts) before he could be counted as a Christian. St. Paul would not let this happen. The two traveled and ministered in many places. St. Titus eventually became the bishop of the island of Crete.

January 28 – St. Thomas Aquinas

St. Thomas is the patron saint of both teachers and students. He was so brilliant that it is said he would dictate to 4-5 students his various books he was working on. Each would work on a completely different section, and St. Thomas could keep track of all this. St. Thomas would often get lost in thought. As a student his classmates thought he was slow and did not get what they were studying because he would not say much. They called him the "Dumb Ox". It was not that he was dumb at all. He was just so engrossed in his thoughts that he tuned everything else out. He works are still required reading in seminaries. Towards the end of his life, he had a vision. After this he would say, "All that I have written is so much straw after the things revealed to me."

FROM THE OFFICE:

Fr Joe will be on Retreat from Feb 7-11.

RELIGIOUS EDUCATION SCHEDULE:

Wednesday, January 26—Classes at St Cecilia's

Wednesday, February 2 — Classes at Mary Immaculate

Call the church office if you have any questions.

Adult Religious Ed Class will begin a new series in February. Bishop Robert Barron study on CONVERSION in the Scriptures. Please call the office if you would like to participate! (so that we can provide the correct number of workbooks).



THANK YOU—to everyone who contributes to our parishes.

We need both financial support and your participation to continue our ministries.

Please consider using your talents for God and His Church in 2022!!

THANK YOU for whatever you can do!!

Readings for the week of January 23, 2022

Sunday: Neh 8:2-4a, 5-6, 8-10/Ps 19:8, 9, 10, 15/1 Cor 12:12-30 or 12:12-14, 27/Lk 1:1-4; 4:14-21

Monday: 2 Sm 5:1-7, 10/Ps 89:20, 21-22, 25-26/Mk 3:22-30

Tuesday: Acts 22:3-16 or Acts 9:1-22/Ps 117: 1bc, 2/Mk 16:15-18

Wednesday: 2 Tm 1:1-8 or Ti 1:1-5/Ps 89:4-5, 27-28, 29-30/Mk 4:1-20

Thursday: 2 Sm 7:18-19, 24-29/Ps 132:1-2, 3-5, 11, 12, 13-14/Mk 4:21-25

Friday: 2 Sm 11:1-4a, 5-10a, 13-17/Ps 51:3-4, 5-6a, 6bcd-7, 10-11/Mk 4:26-34

Saturday: 2 Sm 12:1-7a, 10-17/Ps 51:12-13, 14-15, 16-17/Mk 4:35-41

Next Sunday: Jer 1:4-5, 17-19/Ps 71:1-2, 3-4, 5-6, 15-17 [cf. 15ab]/ 1 Cor 12:31—13:13 or 13:4-13/Lk 4:21-3

**From Mari Jo Anderson:
Director of Religious Education**

Continued from last week...

Below are five benefits of receiving Holy Communion, based on his writings. As you reflect on these graces, consider welcoming back your Catholic friends and family members who have been away from the sacrament.

1. **Eternal Life:** Jesus promises on multiple occasions in the Gospels that holy Communion is the food that enables and sustains eternal life. Without this food, we do not have supernatural life within us. Mortal bodies, subject to death and decay, will be raised up in a perfected way on the last day, should we partake of holy Communion.
2. **Spiritual Joy:** Holy Communion is the medicine leading to spiritual joy. Without frequent reception of the Eucharist, we are bound to feel weighed down by the commands of Jesus. Communion nourishes the delight we experience in the practice of virtue, and we should increase the frequency in which we are communing with Jesus in order to grow in Christian joy.
3. **Forgiveness of Venial Sins:** Communion provides both the remission of the guilt of venial sin and the remission of the punishment we deserve from venial sin. Through venial sin, our soul suffers losses, and we are weakened as these losses accumulate. Holy Communion restores all that is lost in the soul due to venial sin, perfectly restoring our supernatural health.
4. **Supernatural Protection:** Communion provides the supernatural protection we cannot do without. It both decreases the likelihood that we will sin and acts as spiritual armor against the temptation to sin. Communion fortifies us against our natural tendency to follow our passions, which are humanly impossible to resist. Without the effects provided by Communion, it is certain that we will become slaves to our sins, in particular, the passions of pride and lust. We need the supernatural effects of the Eucharist to have any chance of victory over our passions.
5. **Closeness to the Trinity:** Every holy Communion made worthily draws us more and more into the life of the Holy Trinity. We are made more pleasing to our loving Father, and he dwells in us more deeply. We are made more like Jesus, and the divine life is multiplied within us.

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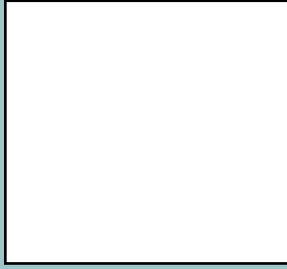
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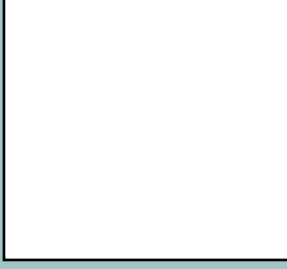
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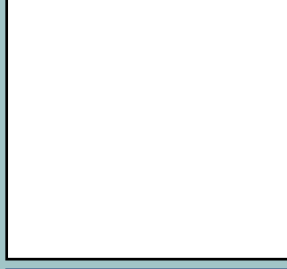
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